

**Annotated text:**

*Please note that we have corrected in the first indented paragraph of method number 1 an obvious English translation error (in his metastable state / in its metastable state) in the above text as compared to the English translation of the international application provided upon entry into the US National Phase. We provide the annotated text below for only this paragraph:*

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- one prepares two or several samples containing at least one isomer nuclide having a metastable state by irradiation with the means of either a source of gamma rays emitted in a cascade, or a generator of gamma rays coming from Bremsstrahlung of accelerated particles, with a sufficient energy to excite the aforementioned isomer nuclide in his-its metastable state,

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